

# WEEKLY REFLECTION

Since the very beginning, we were made to worship. We were—we *are*—created beings. Created to worship. But the Fall happened, and the relationship between God and man was fractured. We worshipped the created things instead of the Creator Himself (Rom. 1:25; Isa. 44:9-20) Or, as David Foster Wallace said: “There is...no such thing as atheism. ...Everyone worships. The only choice we get is what to worship.”

Ever since the Fall, it has been unnatural for us to worship God. The flesh gravitates to things that will make us *be* God, not *like* God: money, sex, fame, and power are but a few. That is why worship can at times be a discipline, because it takes intentional effort to center our lives and hearts around true worship of God.

Psalm 95 gifts us with a few principles for moving toward true worship:

1. Musical worship can help move us towards a state of worship (v.1-2), although we must be careful and examine the truths of what we intake.
2. The reason we worship is because the Lord alone is worthy to be praised. (v.3-5)
3. We must worship both in spirit *and* in truth (Jn. 4:24). The experiential side of musical worship will bring us to a place of better-felt connection with God, but true worship involves internalizing the truth of who God is. Both head and heart *must* be engaged.
4. Worship needs to be communal (v.6-7). There is a place and time for us to worship individually, to draw near to God in the quiet place. But if we only worship by ourselves or with people just like us, we miss out on His vastness and infinitude; we miss seeing more of who He is.
5. Worship involves gratitude. We are easily distracted and tend to focus on ourselves, but remembering God's character and His past acts of goodness and faithfulness to us will move us into a place of heartfelt worship of all that He is.

# QUESTIONS

## **QUESTION ONE:**

What comes to mind when you think about worship? Can you recall an experience where you were led to utter adoration and reverence for God?

What are some of the ways that you worship God, and how do you delight yourself in Him during those moments?

## **QUESTION TWO:**

Take the time now to go through Matt. 4:10; 21:12-13; Rom. 11:33-36, 12:1-2; and Psalms 116, 135, 138, 139, and 145.

What does it look like to worship God? What constitutes true worship of God, and what brings us away from Him? How might the Psalms serve as a model for us to praise and worship God, especially when we are unsure of where to start?

## **QUESTION THREE:**

As you end your session, consider and share with your life group members how you can worship God in all aspects of your life. What can lead you to even more adoration and reverence of Him today, than yesterday?

Take some time as well to sing songs of praise with your life group members. Use each song as an opportunity to praise not just in musical worship, but also in prayer, and so offer true and heartfelt worship to Him.